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(54) Title: TREATMENT OF INSULIN RESISTANCE ASSOCIATED WITH PROLONGED PHYSICAL INACTIVITY

(57) Abstract: Insulin resistance biomarkers and related methods of using the biomarkers are provided. The biomarkers may be blood biomarkers and include C-peptide, Insulin-Like Growth Factor- Binding Protein 2 (IGFBP-2), and Leptin. Also provided is a method of reducing the effect of prolonged physical inactivity on insulin resistance in a subject who is experiencing prolonged physical inactivity, or who is expected to experience prolonged physical inactivity in the near future.

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